

Shawsheen Tech

December 15, 2025 – March 2, 2026

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	6:00-7:30pm	Practice at Lexington or Hanscom	6:00-7:30pm	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom

Green – 5-8 times per week with dryland 3 times per week

Blue – 3-4 times per week with dryland 3 times per week

White Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	6:00-7:00pm	Practice at Lexington or Hanscom	6:00-7:00pm	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom

White group swims 2-4 times per week.

Preteam Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	6:00-6:45pm Or 6:45-7:30pm	No Practice	6:00-6:45pm Or 6:45-7:30pm	No Practice	No Practice	No Practice

Preteam Group swims 2 times per week for 30 minutes.

Shawsheen Tech

Winter Season

March 2, 2026 – March 21, 2026

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom

Green – 5-8 times per week with dryland 3 times per week

Blue – 3-4 times per week with dryland 3 times per week

White Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	Practice at Lexington	Practice at Lexington

White group swims 2-4 times per week.

Preteam Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4:30-5:15 Or 5:15-6:00pm	4:30-5:15 Or 5:15-6:00pm	4:30-5:15 Or 5:15-6:00pm	4:30-5:15 Or 5:15-6:00pm	No Practice	No Practice

Preteam Group swims 2 times per week for 30 minutes.